

Weekly physical activity self-assessment questionnaire

(by J. Ricci and L. Gagnon)



Pacific
Community
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After answering all the questions, put the score for each question (1 - 5)
in the column on the right and then add them up.

	POINTS					SCORES
(A) SEDENTARY BEHAVIOUR	1	2	3	4	5	
How much time do you spend sitting each day (leisure activities, TV , computer, work, etc.) ?	+ 5 h <input type="checkbox"/>	4 to 5 h <input type="checkbox"/>	3 to 4 h <input type="checkbox"/>	2 to 3 h <input type="checkbox"/>	Less than 2 h <input type="checkbox"/>	
Total (A)						
(B) SPORTS AND RECREATIONAL ACTIVITIES	1	2	3	4	5	SCORES
Do you regularly engage in one or more physical activities?	No <input type="checkbox"/>				Yes <input type="checkbox"/>	
How often do you do all those activities?	1 to 2 times/ month <input type="checkbox"/>	Once a week <input type="checkbox"/>	Twice a week <input type="checkbox"/>	3 times/week <input type="checkbox"/>	4 times/week <input type="checkbox"/>	
On average, how many minutes do you spend on each session of physical activity?	Less than 15 min <input type="checkbox"/>	16 to 30 min <input type="checkbox"/>	31 to 45 min <input type="checkbox"/>	46 to 60 min <input type="checkbox"/>	More than 60 min <input type="checkbox"/>	
How much effort do you feel you normally make? 1 means very little effort and 5 means a great deal of effort	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	
Total (B)						
(C) EVERYDAY PHYSICAL ACTIVITIES	1	2	3	4	5	SCORES
How much physical activity does your job require?	Not much <input type="checkbox"/>	A moderate amount <input type="checkbox"/>	Average <input type="checkbox"/>	Intense <input type="checkbox"/>	Very intense <input type="checkbox"/>	
Outside your regular job, how many hours do you spend each week on light work such as household repairs, gardening, house-cleaning, etc. ?	Less than 2 h <input type="checkbox"/>	3 to 4 h <input type="checkbox"/>	5 to 6 h <input type="checkbox"/>	7 to 9 h <input type="checkbox"/>	More than 10 h <input type="checkbox"/>	
How many minutes do you walk each day?	Less than 15 min <input type="checkbox"/>	16 to 30 min <input type="checkbox"/>	31 to 45 min <input type="checkbox"/>	46 to 60 min <input type="checkbox"/>	More than 60 min <input type="checkbox"/>	
How many flights of stairs do you climb each day?	Less than 2 <input type="checkbox"/>	3 to 5 <input type="checkbox"/>	6 to 10 <input type="checkbox"/>	11 to 15 <input type="checkbox"/>	More than 16 <input type="checkbox"/>	
Total (C)						
Total (A)+(B)+(C)						

Results:

Your score is less than 18: You have the profile of a person who doesn't do much physical activity. Like a car that is left in the garage too long, your body tends to get rusty and your risk of experiencing a non-communicable disease (e.g. diabetes, high blood pressure, obesity, cardiovascular disease, cancer) and depression is higher than for an active person. We encourage you to do regular exercise.

How? Take every opportunity each day to move: go on foot or take a bike, do housework, small errands, gardening, play with your children, take the dog for a walk, etc. If you need advice on how to start, be sure to contact an adapted physical activity or 'Health through Sports' professional.

Your score is between 18 and 35: Good job! You have the profile of a fairly active person. Your physical activity level is within the recommended guidelines for healthy living. Thanks to the efforts you make, your body works efficiently, limiting the risks of non-communicable diseases and depression. Keep up the good work so you can maintain those health benefits.

To stay motivated, think about varying your activities and the places where you do them (e.g. walks in the ocean, mountain hikes, indoor sports).

Your score is higher than 35: Great job! You have the profile of a very active person. Your level of physical activity not only allows you to stay healthy, but it also improves your overall physical condition (better cardio-respiratory endurance, increased muscle mass, etc.) Don't change anything but be careful not to overdo it!